Overcoming Adversity – Life Challenges – Life Problems

By

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Chapter 1 – Why You Need to Understand How to Overcome Adversity – Life Challenges – Life Problems

I am writing this spiritual book because humanity is going through serious adversity – life challenges – life problems and I want to write a book that help to resolve the ongoing problems of adversity & suffering. This spiritual book is very important to read if your someone who is experience adversity & suffering within your life and this book can help you find solutions to resolving the ongoing problems of adversity & suffering. The reason why you need to understand how to overcome adversity – life challenges – life problems is because you would not be able to find joy, happiness, contentment, beauty within your life unless you understand how to deal with life adversity – life challenges – life problems. I am not saying that you can live a life which is completely free from suffering and adversity because life is not like that. In life as human beings we all go through adversity & suffering which can make us or destroy us.

The purpose of this spiritual book is to give you’re the skills, abilities, tools, techique to overcome any life adversity – life challenges – life problems you are facing within your life whether there are massive things or small things. There are no magical solutions to resolve every single problem we face as human beings but we can learn how to manage and cope with life difficulties.

It is important to understand how to overcome adversity – life challenges – life problems because in this life we will

experience lots of different adversity – life challenges – life problems and if we don’t develop the resilience and persistence to keep moving forward and moving through the challenges then this can affect you as a human being with mental, physical, emotional, spiritual, psychological trauma and difficulties.

If you understand that in life you will experience adversity & suffering in becoming the person you want to be for yourself, family, children, friends then you can find ways of prevent the adversity – life challenges – life problems from overcoming you.

Understanding your life experience can be the different between living a fulfilled life or destructive life.

As human beings God & Jesus Christ has given us the opportunity to choose and make decisions on how our life need to be and what we want for our lives. That why choosing to understand how to overcome adversity & suffering is a must if you want to become the person you want to be.

In life you may go through lots of different adversity & suffering but how are you going to deal with it and overcome it and learn from it.

This spiritual book is a guide of learning and understanding the overcome adversity & suffering is possible if you choose to go on the journey and live your full potential in life.

Sometimes in life we may go through serious adversity and life challenges which can affect all part of our life if you’re not careful. You need to understand the importance of self-development and life mastery to have a successful and fulfilling life. This spiritual book is my knowledge & wisdom of overcoming the challenges that we face in life.

I am hoping by reading this book you will learn the vital skills, abilities, tools you can use to help you live the life you want to live.

The things you will learn in this spiritual book would help you throughout your lifetime and in this book, you will learn how to build resilience and persistence in becoming who you want to be.

Chapter 2 – How to Overcome Adversity – Life Challenges – Life Problems

In this Chapter I am going to discuss the most important things when it comes to overcoming adversity – life challenges – life problems. This would be very important to learn for your self-development, mental health & well-being. Once you understand how to overcome adversity & suffering you will be able to live a life of freedom and become the person you want to be. In life we are all going to go through challenges and serious circumstances but the important thing is to realise what you learn from it and how it grows you as a Human Being. Suffering

is Inevitable and Losing is Inevitable, what we go through in life is part of our journey and learning experience.

I want to share with you the 18 Ways of How to Overcome Adversity – Life Challenges – Life Problems

18 Ways of How to Overcome Adversity – Life Challenges – Life Problems

1) ***Acknowledge the Situation - Understand your situation and circumstances***
   - Before you can resolve any life challenge or Adversity first, we must acceptance the situations and circumstances we are going through
   - Understand your situations & circumstances can help you to find clarity in the challenges or life problems you are facing
   - Learning to acceptance the adversity, life challenges, life problems for what it is can bring a true level of freedom and help you to find some solves to the situations & circumstances.
   - When we acceptance we are acknowledging that we are going through a difficult time in our life this can even make us emotional, tearful, fearful, scared, frightened or can be start of life transformation, personal growth, spiritual learning
   - You can not resolve a situation or circumstances with the same mindset that got you within that situation. You have to learn to find of solutions and ways to overcome the adversity & suffering your facing
   - Acceptance is not an easy thing to accept but it can make you realise that something needs to changes to get you out of the situations & circumstances
   - Sometimes the biggest power is to take back control of your life by accepting the situation and circumstances your facing
   - Adversity & Suffering is part of life but learning to accept the things you can control and not control is true liberation
   - ***Acceptance Meaning - the action of consenting to receive or undertake something offered***

- ***Acceptance Meaning - the process or fact of being received as adequate, valid, or suitable***
- When we learn to accept the situations & circumstances, we are facing the universe, Jesus Christ, God will come to help & support us
- Acceptance is not a weakness but a strength of learning to accept life for the way it is but learning that you need to take action in order to changes the situations & circumstances
- Acceptance is the first step for life transformation and spiritual change
- Only once we acceptance are situation and circumstances then we can take actions to overcome the Adversity & Suffering we are experience within our lives
- You have to learn to acceptance the things you can not changes but learn to appreciate the things you can change
- Understanding your situations & circumstances can help you discover new ideas & help you to do critical thinking to find a solution to your problems & challenges.

2) Change Your Mindset - Think of a new perspective and find solutions to problems

- It is important to change your Mindset when you're going through Adversity & Suffering. When you change your mindset, you have a different perspective of your life experiences
- Growth Mindset - is the belief that your abilities and intelligence can be improved through effort, learning, and persistence
- Growth Mindset can help you through adversity and suffering because you will learn that these life experiences are something that is helping you to grow as a human being and for your greatest good
- God & Jesus Christ would not put you through something that you could overcome so it important to remember that

changing your mindset can help you become more resilience and persistence

- Change your mindset is important for life transformation and spiritual growth
- It is very important to have an open mindset to learn from all life experiences and adversity
- Something when we go through serious adversity & life experiences can make you become depression and have a negative mindset but it important to understand that you will get out of the situations, circumstances, adversity, suffering you are going through and your past doesn't have to be your future
- Read Books, Listening to Podcasts & Audiobooks, Watch Videos, Life Experiences, Knowledge & Wisdom can help you change your Mindset
- Mindset is one of the most important things in life and it is important to be faithful and have a positive mindset when it comes to adversity & life challenges
- Changing your mindset is the way you change your live there is a quote that says – "Change Your Mindset – Change Your Thinking, Change Your Life"
- Changing your mindset starts from changing your thinking, learning, understanding
- It is important to believe that your life experiences, adversity, suffering can change for the better if you remain hopeful and open minded
- Something when we are going through adversity & suffering it is good to learn from someone who has lots of knowledge & wisdom for example your Parents, Teachers, Pastors, Grandparents, Close Friends who can give you some advice and guidance
- Having a positive mindset is the difference between success and failure but if you stay open minded and focus on the positive not the negative you can change your situations & circumstances
- It important to learn that all Adversity & Suffering is temporary and nothing last forever it all passes through time. This is what we called the Growth Mindset

- People with fixed mindset are unable to see beyond their situations & circumstances
- People with Growth mindset keep persistence through the trials and tribulations until they make progress

3) **Seek for Help and Support - Professional to support you on your life journey**

- When you are going from Adversity & suffering is very important to get the right professional help and support for what you're going through
- For whatever situations or circumstances, you are facing there is something who has been there before who you can seek help and support from
- Psychologists, Counsellors, Life Coach, Speakers, Entrepreneurs, Business Owners, Doctors, Consultant, Therapists, Peer Support Workers, Recovery Support Workers, Nurses, Professionals, Pastors, Ministers, Evangelists, Employment Specialist, Buddhist, Mentor, Teachers can all help you in your situations and circumstances
- There are no life problems, life challenges, adversity, suffering that can now be resolved through the right help and support
- It is important to build a relationship with the professionals that are helping you
- It is important to be able to trust someone that is professional to help you
- Seeking for help and support is very important and must be done to get you through a very serious situation or circumstances
- Read the Self Development, Personal Development, Spiritual Books can help you to understand what you're going through
- There are many people in the world that have similar life experiences to you – if you choose to learn from these people this can give you knowledge and wisdom
- Understanding that seeking help and support doesn't make you weak as a person but it is a massive step forward in the right directions

- When you're going through adversity & challenges a Teacher, Mentor, Life Coach, Pastor, Buddhist, Psychologist, Counsellor could save you 10 – 30 years of more pain and suffering from the knowledge and wisdom you gain from professional helping and support you
- I have always said that your greatest assets are that you can find the right help & support from professionals to help you in your life situations & circumstances
- You can change your situations and circumstances through the right professional help and support
- If your faithful person then Reading the Bible or Religious Scriptures can help you find healing and comfort when your experiencing adversity & suffering.
- Jesus Christ & God want you to seek help and support for what you're going through no life problems or life challenges isn't too big for Jesus Christ & God to handle
- Just remember seeking help and support from professionals can transform your life in every way
- Sometimes that best thing we can do is get help & support for our situations and circumstances

4) *Develop A Spiritual Practice - Prayer, Mindfulness, Meditation, Journalling, Walking*

- It is important to develop a Spiritual Practice when you're going through Adversity & Suffering because this can help you to feel comfortable and spiritual healing for whatever you're going through
- Spiritual Practice is something you can do everyday or whenever you feel like it because this will help you to deal with any adversity & suffering
- Spiritual Practice is something that can help you find spiritual guidance with Jesus Christ, Buddha, God and can help you to heal from mental and emotional suffering
- It is important that your Spiritual Practice is something that can help you through the most challenging and difficult times within your life and it is important to maintain the consistent of doing your Spiritual Practice every day.

- Spiritual Practice – Walking, Nature, Meditation, Mindfulness, Prayer
- Your Spiritual Practice is the key to connect to higher powers & spiritual authority which can help you to find closure and spiritual guidance
- Spiritual Practice is important to you and you can learn to do something that will help you in daily life and also something that will help you to develop your spirituality & faith
- Spiritual Practice connect you with your faith – Jesus Christ, Buddha, God
- Spiritual Practice will help you to find freedom and liberation for life adversity and suffering
- Please remember that Spiritual Practice will not resolve all your life problems but can be the source of find true inner wisdom and clarity over life situations and circumstances
- When you connected to Jesus Christ, Buddha, God you develop a stronger relationship with your faith
- Your faith is the most important thing in life and you must focus on developing your faith through Spiritual Practice
- **Spiritual Practice** Meaning - is a regular activity or ritual that helps people connect with a higher power or their inner selves, and to develop a sense of spirituality
- Developing your Spiritual Practice will help you connect to Jesus Christ, Buddha, God
- **Faith Meaning** - complete trust or confidence in someone or something
- Spiritual Practice should be the most important thing you do within your life because this will help you when life adversity and life problems arise in your life
- Spiritual Practice is something that is important to you and you want to make sure that you spend time developing your spiritual practice
- Truly if you make time to develop your spiritual practice you will be about to find joy, happiness, contentment through serious life adversity and suffering
- God want you to communicate with him through your spiritual practice that why you should make time for it

- Remember spiritual practice will connect you to your faith and God loves human being that express their faith through Spiritual Practice
- **Meditation Meaning** - the action or practice of meditating
- **Mindfulness Meaning** - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- **Walking Meaning -** move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once
- **Prayer Meaning -** a solemn request for help or expression of thanks addressed to God or another deity.
- a religious service, especially a regular one, at which people gather in order to pray together.
- an earnest hope or wish

5) ***Spend Time in Nature & Silence - In stillness and silent there a spiritual answer***

- Spending time in Nature & Silence is very important for mental health & well-being
- God has created Nature for us to appreciate
- Sometimes when you're going through adversity and life challenges the best place is to spend sometime alone in Nature and be in stillness
- Spiritual Answers can come from being in Nature & Stillness
- You have to understand that God wants you to connect with Nature to find healing & appreciation
- Nature has spiritual answers to ongoing life adversity – life challenges – life problems
- In stillness and Nature there is freedom, love, peace and liberation
- Remember that Nature is a Human Best friend and we should make time for Nature when we don't understand serious adversity and suffering

- You can learn to appreciate your adversity and suffering for being in Nature and appreciate how abundance God Loves is
- God Loves you and want you to overcome any adversity – life challenges – life problems
- Spend time in Nature and find spiritual answers to your difficulties and adversity
- You can also learn so much about yourself when you spend time in Nature and stillness
- Stillness is part of a Spiritual Practice so make time to be in stillness
- There is a quote which says “God communicate to you through silence” go into Silent and you will hear your inner voice of God communicating with you
- God is part of eternal silence, love, peace, Nature – Find time to connect with God, Nature, Stillness, Silence
- You, Relationship with God, Others is very important please don’t take it lightly
- **Stillness Meaning** - Stillness is a calm, quiet, motionless state
- **Nature Meaning -** the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations.
- the basic or inherent features, character, or qualities of something
- Your relationship to Jesus Christ, Buddha, God can come through silence, nature, stillness

6) **Find a Way to earn a living - Sometimes you need to support yourself and make a living**

- When you’re going through adversity & suffering you need to find a way to make a living and support yourself financially
- Depending on what you’re going through you may need some financially support to help you to overcome the adversity and suffering your facing for example Psychological & Counselling Therapy with a Psychologist & Counsellor (Need finance support to pay for Private

Therapy Session), Business Loan for the Bank (Need Finance support to help you maintain your business from bankrupt)

- There is no right or wrong way to make a living for yourself and your family but you should choose something where you can contribute in a meaningful, purposeful way
- Earning a living for yourself does mean you will need to do some work in Employments, Jobs, Careers, Businesses
- You can get support from Professionals to help you find a way to earn a living for yourself
- Sometimes people wouldn't thing that money and finance is not important for what you're facing within your adversity and suffering but we need to remember that money can be a tool to help you with certain things. Money is not a bad thing but can be used for good to help you in what you're going through
- When you earn a living, you are able to build the foundations to support yourself and your family that why it is important to find a way to earn a living
- In the world we live in money and finance does become very important for your mental health & well-being because we need finance to live.
- I would recommend you do some work that help other people and give back this will help you to find meaning through your own adversity and suffering and help you to give your purpose
- God want you to support yourself financially and help you to earn a living for yourself and family
- Remember money and finance is not the most important thing but we need money and finance to solves certain life problems
- Earn a living can mean that difference between success and failure that why find a way to earn a good living for yourself and your family

7) **Find a way to build a business or career your passionate about - Do something meaningful for yourself and family**

- It is very important to understand when going through adversity and suffering that you do something in life that your passionate about
- Building a Business and Career that your passionate about will give you meaning and purpose within your life
- When we are going through serious life adversity and suffering, we something don't realise that we need to build a life for ourselves which is very important
- I would recommend you build a business and career which help other people and give back in some way to Humanity, Animals, Universe
- Doing something meaningful and purposeful is the way to get through any adversity and life problems
- Your business and career should be something that is truly important to you and something you see yourself doing for a long time
- Don't pick a Business or Career that is about money because this is not meaningful
- Do a Business & Career which help you Personal Grow and Spiritually contribute
- As human being when we are going through adversity and suffering this could be the time when we find a true hidden desire & inner passion to create something important within the world and society
- Your business and career are your life work so make sure you pick something that is truly important to you.
- Remember doing meaningful work will help you going through adversity & suffering

8) **Learn from failures, success, mistakes - see what you can do differently**

- Learning from Failure, Success, mistakes it true knowledge & wisdom which can help you in personal life and professional life
- In life we all go through adversity and suffering but the life lessons we learn from it can be the difference between achieve your dreams & desires or having nothing

- When you're going through adversity & suffering, we may not have the mindset to look at our failures, success, mistakes
- We can learn to look at ourselves openly and not judge ourselves for making mistakes, failures, successes.
- It is true to realise that human being is not perfect but God see our imperfections and want us to learn from it
- God & Jesus Christ want you to learn from failures, success, mistakes
- You only grow as a human being when you learn what you done right and wrong
- Sometimes it hard to look at ourselves but this can be the start of true freedom and understanding
- Mistakes, Failures, Successes is something to learn from
- In life we will going through adversity & suffering but the life lessons we learn through the journey can be life changing
- You can only understand yourself once you learnt to see your mistakes, failures successes
- Please don't feel like every action you take have to be perfect because that not true it important to learn through right & wrong actions in life and grow as a human being
- Mistakes are life lessons learnt
- Successes are life lessons learnt
- Failures are life lessons learnt
- Understanding yourself is the beginning of Knowledge & Wisdom
- From your mistakes, failures, successes see what you can do differently

9) **Develop Meaning, Life Purpose, Life Mission, Vision - when you're going through hardships this is the time for growth**

- When you going through adversity, suffering this can be a great time to develop meaning, life purpose, life mission, vision
- Going through adversity, suffering can be difficult but you can develop an internal meaning from what you experience

- Discover meaning, life purpose, life mission, vision can help you to work towards your future aspirations & dreams
- When you see no hope develop a spiritual meaning from the adversity, suffering you are facing
- Jesus Christ & God help people who are broken-hearted and going through serious adversity & suffering
- Some people have found meaning, life purpose, life mission, vision from believe that what they are going through is for Jesus Christ & God and this is part of the process that they need to go through to grow as a human being
- Adversity & Suffering can help you to change your life direction and life path so try to focus on the life lessons that Adversity & Suffering is teaching you
- Developing your meaning from suffering & adversity can help you find a spiritual life purpose which give you knew life direction
- Always remember that Adversity & Suffering help you to personally grow
- When you go through hardships and disappointments this can help you to develop true meaning in what is important to you in life
- Adversity & Suffering is God trying to tell you that something needs to change in your life in order to grow to the next level personally & spiritually
- Focus on The Zone of Power – The things you can control and let go of the things you can't control
- Meaning is created by you – You can change a negative life experience into positive life story
- Meaning will help to give you something to live for – Find your true meaning from Adversity & Suffering
- Jesus Christ & God will help you through adversity & suffering just find your meaning through your difficulties and hardships

10) **Helping Other People & Giving Back - Do something to contribute to others**

- When you’re going through Adversity & Suffering sometimes the meaningful thing you can do is helping other people & give back
- You can find meaning and life purpose in helping other people & give back
- You can find meaning from pain to purpose through helping other people
- Helping other people is a way to not think about your adversity & suffering and do something kind for others
- Find meaning from your adversity & suffering through help other people can become fulfilling and rewarding
- Contributions into helping other people is very rewarding and you can discover yourself as a human being when you resolve other people adversity & suffering
- Jesus Christ & God want you to do something meaningful with your life and helping other people is the way you give something back to society & communities
- If you focus your pain, adversity, suffering on doing good towards helping other people then you with grow spiritually as a human being and Jesus Christ & God will be with you
- Some people have said that helping other people has been the transformation thing that has change my life from thinking about myself to others
- Helping Other People heals yourself and give you freedom to be yourself
- You can help other people by sharing your life stories and what you have been through to inspire others and make a massive difference to society
- You can find healing from helping other people and sharing your story
- You learn so much about adversity & suffering when you learn from others
- Helping other people can give you true motivation and inspiration to do good in the world and society
- Helping other people makes you realise that some people have gone through worst adversity & suffering then you which can opened up your worldview and perspective

- You can find spiritual meaning from give back and making a difference to others
- Life become more fulfilling when your helping other people in what they are going through
- You can get the opportunities to talk with people who have experiences lots of adversity & suffering and learn from their mistakes, failures, success
- Helping other people changes your perspective
- The most powerful thing helping other people and sharing your life story to others
- You can find your spiritual life purpose & spiritual calling from helping other people
- Helping other people makes you more compassion and kinder towards others
- You can experience life transformation through helping other people
- You can understand what you have been through and what others have been through
- Helping other people is the beginning of liberation and life transformation
- Please find a way to help other people & give back

11) **Journalling - Process your day through daily journalling**

- Writing in a Journal everyday can be the most powerful thing you do for yourself
- A journal is a way to express your adversity & suffering in a healthy way
- You can learn so much about yourself through journalling and self-reflection
- Journalling can transform your life in every way possible
- You can become spiritually free through journal and learn who you are as a human being
- You can write in your journal anything that is important to you and learn from your daily self-reflections
- I would recommend you buy a Journal and write in your journal every day for 15 – 30 Minutes of the things you're learning and what you're going through

- Journalling is a personal & private thing which is just for you and no one else
- Journalling can be shared if you give consent for other people to read your thoughts, feelings, emotions
- Journalling is Self-Discovery and Self-Reflection

12) **Practice Self Care - Look After Yourself**

- Self-care is very important when you're going through adversity & suffering
- Practice Self Compassion and Self-Acceptance everyday
- The best way to heal is when you focus on the internal not the external
- Healing comes from within you so practice self-care
- Daily Routine is very important in Self Care (Work, Self-Care, Parental responsibilities, caring responsibilities, Gym, Nature)
- Self-Care is important to overcome adversity & suffering
- Self-compassion is not selfish it is the key to self-healing and spiritual liberation
- Please make time for yourself everyday no matter how busy you are
- Self-Care is also forgiveness

13) **Believe in Jesus Christ & God**

- Believe in Jesus Christ & God will help you to overcome adversity & suffering
- Jesus Christ & God can help you to heal from adversity & suffering
- Faith is the key to believe in Jesus Christ & God
- When you feel hopeless and lost still believe in Jesus Christ & God and they will help you through the adversity & suffering
- Find a community of people who believe in Jesus Christ & God and start attending regular community events
- Church is the place where Jesus Christ & God can heal you
- Pray to Jesus Christ & God to help you in overcome adversity & suffering

- Meditate on the holy bible and let the bible scriptures guide you in your journey
- Jesus Christ & God love you so please believe in Jesus Christ & God
- Jesus Christ & God can do miracle within your life if you repent and ask for spiritual guidance
- Jesus Christ & God understand your pain, adversity, suffering because they create you
- There is no life problem or adversity that Jesus Christ & God can not resolve
- Have faith and believe in Jesus Christ & God
- Jesus Christ & God is the key to overcome your adversity & suffering

14) Develop your Faith & Spirituality

- Develop your faith & spirituality everyday
- Connect with your faith, intuition, spirituality which will help you overcome adversity & suffering
- Jesus Christ, Buddha, God is here for you
- You can develop your faith through religions or spirituality
- Nature is the place for spiritual connection and spiritual appreciation
- Spend time in Nature & connect with God
- Meditation & Mindfulness is important
- Prayer is important
- Develop your own spiritual practice to grow your faith & spirituality
- Communicate with Jesus Christ, Buddha, God daily

15) **Go through a Spiritual Change and Spiritual Awakening**

- When you are going through adversity & suffering you are going through a spiritual change and spiritual awakening
- Spiritual change is part of life so please do accept it
- Spiritual awakening is part of a spiritual process of overcome adversity & suffering
- Suffering bring humility, hope, surrender

- You will spiritually change & spiritual awaken when you have overcome the adversity & suffering
- Spirituality connects you with Jesus Christ, Buddha, God
- Stay connect to your intuition & spirituality

16) **Share Your Life Story and Inspire Others**

- Sharing your life story and inspiring others will help you overcome your adversity & suffering
- Your life experience can be shared to inspire others
- All of your life experience can be used to help others and give back
- Sharing your life story is powerful and transformation
- Your life story can help millions of people lives
- You can become who you want to be by sharing your life experience to others
- You are the light and you can shine your inspiration to others
- Helping Other People by sharing your life story is life changing
- Share your life story and help the next generations of Humanity
- You can provide the ultimate impact and difference to others by sharing your life story
- Your life story is inspiration to Humanity
- Sharing your life story can help you to become spiritual liberated
- Jesus Christ & God want you to share your life story to others

17) **Invest in Understanding - Learning - Education (Invest in Yourself)**

- To overcome adversity & suffering you need to invest in understanding – learning – education
- Sometime we need to understand our adversity & suffering to help you learn how to overcome it
- If you invest in yourself, you can learn to understand yourself
- Learning & Understanding is the key to Self-Education
- Jesus Christ & God want you to invest in yourself

- Learning & Understanding is life changing and life transformation
- You are the resources to your greatest gifts – your mind
- Invest in your Understanding & Learning to invest in your mind & yourself
- Understanding yourself is the beginning of wisdom

18) **Spiritually Change people lives from your inspiration and contributions**

- Once you have overcome your adversity & suffering then next progression is to spiritually change people lives through your actions & life story
- Focus your work in life in inspiring & motivation others and spiritually change people's lives with contributions
- When you gone through so much adversity & suffering you have a duty to help other people not go through the same pains, hardships, disappointments you went through
- Helping Other People can help you to provide spiritual contributions to helping other people & giving back
- You are the light – Be the inspiration to others
- Spiritually changes people lives is difficult but you can do it because you been through the process – be the source of inspiration to others and give spiritual contributions

Chapter 3 – Know Thyself

Know Thyself become very important in overcoming adversity – life challenges – life problems. This is important because you need to understand who you are as an individual and human being. "Know Thyself" meaning is a philosophical and self-help concept that means to understand yourself and your motivations in order to live in harmony with your duties. This is very important to understand because if you don't know thyself you will always live in adversity & suffering and not be able to overcome it. Know Thyself is a spiritual thing which changes your life spiritually from *Self to No Self*. This is very important when trying to overcome adversity – life challenges – life problems. Something that I want you to understand that there is a way of learning how to learn about yourself completely and live a life of freedom & liberation. We went through the process of 18 ways of overcome adversity & suffering. All of the 18 ways will help you discover yourself as a human being and connect you closer to Jesus Christ, Buddha, God. I want you to understanding that know thyself start from looking ***inward & outward*** at your life experiences and how you feel about yourself with your feelings & emotions. To really start the process of Know Thyself you need to self-reflect on how your life has been up to the point of where you current our in your life at the current moment. You would need to spend time in Silence, Nature, Mindfulness, Meditation, Prayer to start finding spiritual answers to who you are as a human being. The true inner spiritual practice will help to spiritual change you within your mind, body, soul and you will become spiritually free and spiritual liberated. You have to understand that the ***inner is***

the outer. If your spiritual change yourself inwardly then you will change your life experiences outwardly. **Adversity – Life Challenges – Life Problems are all to do with things outwardly because you haven't understood your inwardly state**. Your mind, feelings, emotions, spirit, soul, body all plays a part in your Psychology and Psyche. If you do inner work of Mindfulness, Meditation, Prayer, Nature, Silence you will discover and Know Thyself.

Jesus Christ & Buddha always spend time in silence, prayer, meditation to connect to God in silence places. If you learn that all of your life experiences have been part on you up to this point where it is negative or positive. When you know thyself there is no such things as a negative or positive life experiences because it is only a perception of your thoughts & mind. Your life experiences are all memories of your mind which doesn't have a label or definition to it.

If you learn how to master your mind (Inward Spiritual Transformation) then your life experiences will change outwardly. The inner is the outer which is very important to learn and realise.

You are responsible for your life and the actions you take in your life. There is no right or wrong actions because this is all made up within your mind and memory. You can choose to overcome adversity – life challenges – life problems by Know Thyself.

You have a responsible to live your life free and liberated if you choose to learn and understand yourself. Know Thyself will transform your life spiritual in everyway if you choose to spend time on self-reflecting and learning.

The Past – The Present – The Future are all within Time which we live in our lives now but when you truly understand yourself & know thyself you realise there is No Past – No Present – No Future there is only right now (Present Moment).

You may have been through serious life trauma and serious adversity & suffering but the truth is that your mind as created your life experiences.

When we understand that we can change our life by changing inwardly and therefore outwardly.

I want you to understand that you are responsible whether you like it or not. You can choose to live a life where you're not burden my yesterday today tomorrow of all your life experiences or you can choose to live now in present moment and find peace & liberation in just being a human being living.

Yes, Life can sometimes become unfair with adversity – life challenges – life problems and this can make us suicidal, mentally depressed, unhappy, miserable, despair. But you can change your life from learning about your life experiences and processing your life experiences. This doesn't mean that everything you been through will go away from your mind, body, soul but it does mean that you discover the true hidden secret of life. *No Self.*

When you look at your mind it is always free as a human being, we live in a physical body which we call our life and our life experiences but the true is your not your physical body but you're a *spiritual being*.

In life people become so fearful about tomorrow & the future because they are afraid of not becoming the person they want to be. But the truth is that you're a human being living a spiritual life experience. God has put you on earth to experiences all of life experiences that comes within your life. People become scared because they don't know themselves as a human being which keep them trap in what we call the past.

Life is truly a living movement always moving forward into eternity. You can not change the process of what we can living because God is the Spiritual creator that has created it. But

what you can do is move forward through all the different parts of the life journey.

Life experience is a trap of the mind memory. You feel as a human being you can not become what you want to be because your trap in your mind. But true learning and understanding comes when you have understood your mind and life experiences.

Energy is a spiritual thing in life that every human being has within there mind, body, soul. Energy doesn't die because it is a living spirit & vibration. God create Energy and as human being we are Energy. If we learn how to observe ourselves through energy then there no right or wrong in energy it is just a living vibration.

Words, Life experiences, Labels, Definition has no place in Spiritual energy.

Spiritual energy is pure and spiritual which lives on after we pass away in physical body.

If you focus on learning about your mind & your energy you will learn that this life what we call life has all been designed by God which we don't have control of it.

God want you to go through what you're going through to change you *spiritually* and give you *spiritual liberation*

The spiritual change is what we called **consciousness** which is eternal & spiritual. When you Know thyself, you understand consciousness and your life experiences.

There is a powerful quote which is called *"Understanding Yourself is the beginning of wisdom"*

I am not saying dear readers that there no meaning to what you're going through with adversity – life challenges – life

problems but God put you on this earth to go through it move forward.

If you move forward, you will find spiritual freedom and spiritual liberation.

Remember dear reader know thyself & spiritually change. You need to change yourself inwardly before your outwardly life experience change.

This is the true way to spiritual freedom

Chapter 4 – Christopher Liam Rose Life Story: Overcoming Adversity – Life Challenges – Life Problems

I want to write this chapter within overcoming adversity – life challenges – life problems because this will help you readers to understand the important of spiritual change and spiritual liberation.

My life story is a very serious life story of lots of life experiences and serious hardships, disappointments, struggles, pain, adversity, suffering but I have learnt so much about my life experiences which has change me spiritually and has given me spiritual liberation from the adversity & suffering I experience.

Before I share my life story in this book, I want the readers to understand that you are not your life experiences and you are not your adversity – life challenges – life problems. You are a spiritual being going through a spiritual life journey.

My Quote – “It not the problems that make you who you are, It the person you become that make you who you are”

My life story beginning with living with my Parents (Mother & Father), Twin Brother, Older Brothers, Older Sister within a

council Flat in Battersea called Doddington estate. My Mother & Father was married and living in a council flat in Battersea where me, twin brother, older brothers, older sister grew up. This flat was a council flat and had 2 – 3 Rooms within the flat where me, brothers & sister live in. Doddington estate was a very gang influence estates with gangs, drug dealers, crime, grime, violence, drugs, cars, money, jewellery.

As my mother & father was raising 5 children in Council Flat in Doddington Estates in **Battersea (SW11).** Their married start to slowly deal with adversity – life challenges – life problems. My Father was a hardworking man who always look after the family but he was always spending money on alcohol and gambling which really affect my mother who was looking after her 5 children. My parents' marriage was become very stressful and difficulties because of the behave of my Father alcohol & gambling. My father would go to William Hill which is a betting shop to spend the children money on horses & racing which my mother didn't like at all and would make my mother very frustrated. My Parents was trying to get support for there marriage and trying there best to maintain their relationship with 5 Children all within a Council Flat but when I was around 3 – 4 years old My Mother decided that she wanted a Divorce and end the relationship with my father and took all of her 5 children with her to somewhere where they would be ok. Due to my father drinking alcohol & gambling money away on horses, bets, racing. I would never know the full reason why my parents got divorce because at the time I was too young to understand but this was the start of my adversity – life challenges – life problems.

My parents divorce really affect all of the 5 children mentally, emotionally, psychological. I am not anger or resentment at my parent for getting divorce because my mother and father had

reason to do it but this was the first of all of the adversity & suffering, I go through as a human being.

My mother moved the 5 children to different properties after the divorce within Southwest London (Clapham Junction) after the divorce. Shortly after we lived in different properties provide by Wandsworth Council due to my mother not having any properties of her own and My Father still living within Council Flat in Battersea paying off the mortgages to the flat.

My Mother was accepted for house in Tooting from Wandsworth Council which was in a Council Estate called Rame Close off Church Lane Road. This is where 5 children grew up. My hometown is in **Tooting (SW17)** where I spend my childhood and upbringing.

My brothers & sister always lived within Southwest London in Council Estates because my parents didn't have the money or finance to afford private housing for us.

This is where my life really began from the age of 10 – 15-year-old I grew up within Tooting in Rame Close estate. This council estate was very massive council estate where Rame Close was just 1 of 3 estates within the Tooting area. There was Rame Close, Southview Close, Benedict's Close.

Rame Close (SW17) #Tooting
Southview Close (SW17) #Tooting

St Benedict's Close (SW17) #Tooting

Rame close was a council estate which was influence by gang, crime, violence, gangster, drugs, women, jewellery, Cars, thieves, robbers, grime.

Me, brothers, sister was influence by the gang, crime, grime culture because we lived on the council estate. This was a very disturbing council estate with lots of violence & crime and gangs was all over the 3 estates. Because of this negative lifestyle of gangs, crime, violence, grime, gangsters, drugs, Me & Twin brother was influence by the gang's lifestyle and culture. I don't think me and my twin brother wanted to be able of the gangster culture and gang lifestyle it was just because we were influence by what we saw day to day in Rame Close as we were growing up. This would be a massive mistake for me, brothers, sister as we were getting involved in Gangs & Crime activities. Me & Twin brother started to become drug dealers, robbers, thieves because all of our childhood friends was gang members, drug dealers, robbers, thieves. So, we started to live what was called the gangster lifestyles of drugs, women, jewellery, cars, robbers, thefts, crime, grime.

This was very painful for my mother who was trying to get her 5 children to live more positive productive lives but due to not being about to afford private housing we had to stay within the council estates and live the gangs & crime lifestyle.

Now as I am writing this, I remember all the wrong things and bad things I did as I was going up within Tooting which was painfully and costly. I have always had regrets and trauma from my childhood but this was part of my life story and how I grew up and upbringing. I cannot change all the bad & wrongs things I did in my childhood but I can learn from what I have experience which I did which took lots of time & patience.

Some of the life experiences that happened as I was growing up in Tooting (Rime Close) (SW17).

Christopher Liam Rose life experiences growing up in Tooting (Rime Close)

- Death of family members, close friends, school friends, relatives due to crime, guns, knife, violence
- Smoking Weed & Cannabis as a Teenager
- Abortion of my children from ex-partner
- Break up relationship from ex-partner
- Abuse from family members
- Being involved in Drug Dealing & Crime activities
- Being apart of gangs & violence
- Living a gangster lifestyle with close friends
- Being influence by gangs, women, money, jewellery
- Having a mental health breakdown due to negative childhood & upbringing
- Cheating on ex-partner with other women
- Being involved in gang graffiti and grime music
- Drug overdose on Drugs & Cannabis
- Near death life experiences
- Going on robberies & becoming a thieves
- Dealing with drugs & alcohol
- Clubbing & Partying with close friends & family
- Betrayal of close friend
- Death with Gang members

- Childhood friends going to prison for Drugs & crime activities
- Family members going through mental health breakdowns
- Being involved in Youth Clubs and Youth activities with St Boniface Youth Club
- Death of family members & relatives
- Death of close relative due to illness
- Learning difficulties of Dyslexia

Because of all the adversity & suffering I experience growing up in Tooting Rime Close I told my mother that I wanted to move out from home and live by myself because I felt like I had experience to much adversity & suffering in Tooting Rime close to stay living in the council estates any longer. My Mother didn't want me to move out of home but when I was 15-year-old I moved into a Hostel called Samuel Johnson in Tooting/Streatham. This was the first time I ever lived by myself and I was only 15-year-old and didn't understand anything about employment, working, jobs, bills. Daily activities.

Because of all of the adversity & suffering I experience in my childhood & upbringing I suffered my first mental health breakdown in a hostel called Samuel Johnson because I could not understand or deal with all the adversity & suffering, I was sectioned in Springfield Hospital #Tooting where I was diagnosis with Psychosis & Depression.

This was the start of my mental health difficulties, adversity, life challenges, life problems.

I want you to understand reader before I move on with my life story that I am not my life experiences and all of the adversity & suffering I have been through. I am a human being who overcome this destructive adversity & suffering by understanding myself and learning from what I have been through as a human being. This destructive childhood & upbringing didn't destroy my character or personality. When I was younger, I didn't understand anything about life and this was part of my spiritual life journey to learn from these life experiences.

From 15 – 24-Year-Old I was going through serious psychosis & depression for so many years trying to find a way to build my life back up from all the adversity & suffering I went through as a human being. But something changes on **30/09/2014**.

Before **30/09/2014** I was just a musician in my music business creating music and in a relationship with my ex-partner. But when my ex-partner breaks up with me due to difference in our life directions. There was something about breaking up from my ex-partner that make me think about my life and what I needed to change. I become single again and started to think how I can change my life because of the adversity & suffering that I have been through.

Christopher Liam Rose Life Experiences before 30/09/2014

- Struggling with mental health difficulties from 15 – 24-year-old
- Dealing with Life Adversity – Life Challenges – Life Problems
- In & Out of Mental Health Wards (Springfield Hospital)
- Living in different Supported Accommodation
- Studying at South Thames College Business Studies (Level 3) (Higher Education)
- Moving Into my Council Flat in Battersea (SW11)
- Break up from childhood ex-partner
- Finding my passion for Music & become a Founder “Starz Gang Rockstarz”
- Break up from ex-partner
- Studying a Degree in Business Management (Westminster University)
- Quitting My Degree in Business Management (Westminster University)
- Find Jobs & Working in Employment
- I was a Musician, Founder, CEO of Starz Gang Rockstarz (SGR)

My mental health conditions have cause me adversity & suffering from 15 – 24-year-old because I didn’t understand myself and I didn’t know how to cope with all of the adversity & suffering My mental health difficulties was destroying my life

and everything that was important to me. But you remember when I said that all of my life experiences don't define me for who I am as a human being it was part of a spiritual process which I had to go through to understand myself and learn from my life experiences.

At that time in my life, my ex-partner was everything to me and I thought I would marry her, but it never worked out and she left me. This got me thinking about my life, my past, my childhood, and all of my negative life experiences.

That led me to research how to change negative thinking and I discovered a video playlist on YouTube from a Philosopher called Jiddu Krishnamurti.

The series of YouTube videos playlist was called *"Jiddu Krishnamurti and Dr. Allan's A Wholly Different Way of Living."*

Jiddu Krishnamurti spoke about meditation and how it helps to discover God. I was at a hopeless point in my life so I decided to try out meditation to see if will help with my mental health illness.

I began meditating at home and in local parks alone by myself. I didn't realise how spiritual meditation is so effective in changing the human brain and mind. I started to experience visions and developed hidden gifts from meditation.

Doing meditation every day changed my mind and brain in some way and I was able to see into the future. By meditating, I then started developing a mental health condition called Schizophrenia.

I was uninformed that it is dangerous to meditate when your mind is filled with negative thoughts.

That caused me to become very paranoid and scared because I saw visions of bad things that were going to happen to me and I couldn't understand what was going on.

At that point, I was seeing signs and visions that something was going to happen to me that would completely change my life forever.

One day, my Nan, who is a devoted Christian and prays every day for the family, sent for me because she had a message, she wanted to share with me. When I saw my Nan, she said something that would later change my life which was, “God is going to save your life.”

At first, I didn’t understand what my Nan was talking about, but later realised the signs, miracles, and visions I had been seeing is something.

On the **30th of September 2014**, while creating music videos (because I was a musician and loved making music) and burning some candles in my flat, I went to the kitchen to get a cup of water, and then something disastrous happened. I saw this darkness coming towards me and I knew something was wrong so I jumped out of my kitchen window and went into my neighbour’s flat. From the balcony, I saw a massive fire in my flat. It was very intense and everything burnt away. I realised the candles that I left burning got caught on my curtains and the curtains fell on my bed and my duvet caught fire too.

That day, everything I owned was destroyed in the fire. If I hadn’t jumped out of my kitchen window when I did, I could have been severely injured by the fire. On that same day, I realise my Nan’s message was right and God saved my life that night.

My neighbours called the fire brigade and ambulance, but before they arrived, the fire had destroyed everything I had. That experience changed my life forever because I had nothing.

I became officially homeless after the fire and had nowhere to live or stay. I slept in Marble Arch with homeless people, and then one day, I decided to myself to change my circumstances.

I was later sectioned in Springfield Hospital (Last Section) because I had a mental health breakdown and was homeless. In the hospital, I realised I needed to find employment and search for new work. I knew if I got a job, I would be able to acquire back my possessions.

That was a very spiritual day in my life. I remember while in the hospital, I read this newspaper and on the star signs of Scorpio,

it said to look out your window at a certain time. So, it was sometime in the afternoon and I looked out the window and saw the clouds and sky making a “?!” sign. I realised this had something to do with God and Jesus Christ, and from that point, my faith started to grow.

Paul Dorrington (Lead Employment Specialist) and Karen Meechan (Clinical Psychologist)

While in the hospital, Employment Specialist named Paul Dorrington came to see me and wanted to help me. At first, I thought no one could help me with my situation. Then I shared my life story with Paul Dorrington and asked him to help in my search for employment. Paul agreed to help me get a job and help me to get out of the hospital. I had no other choice at that moment than to put all my trust and faith in Paul Dorrington because he was the only person who cared to help me.

After getting discharged from the hospital, I started living in a hostel in Wandsworth, Purley Streatham because I was still homeless. I was also working with Paul Dorrington in the community and he thought me about mental health, employment, God, spirituality, self-education, personal development, and nature. Paul Dorrington later referred me to a Clinical Psychologist, named Karen Meechan for psychological/counselling therapy for my mental health conditions.

So, I was working with Paul Dorrington in the community and receiving psychological/counselling therapy with Karen Meechan. With the support and help of Paul and Karen, my life completely changed and I realised the need to also help other people and give back. I told both Paul and Karen about my wanting to help other people and give back and they were both excited for me for making this decision.

Paul Dorrington got me my first-ever job in the mental health industry as a co-facilitator in Mind. This job helped me to develop my skills and abilities in helping other people and that was the starting point of my mental health career.

Christopher Liam Rose Life experiences after homelessness & mental health crisis

- 30/09/2014 – Losing my home and all of my possessions in fire and become homeless
- Paul Dorrington (Employment Specialist) – helping me to understand faith, mental health, God, Spirituality, Employment, Work, Self-Development
- Karen Meechan (Clinical Psychologist) – helping me through psychological & counselling therapy for mental health difficulties & homelessness
- Mental health conditions of Schizophrenia, Psychosis, Depression
- Diabetes
- Mental Health Breakdown after losing my home all of my possessions
- Starting my life again from Scratch
- Living in different hostel & hotels in South West London after homelessness
- Paul Dorrington (Employment Specialist) -helping to find my first ever job as Co-Facilitator with Mind
- Returning to my Flat in Battersea (SW11) after homelessness
- Studying Business Information Technology Degree (Greenwich University)
- Dropping out of Business Information Technology Degree (Greenwich University)
- Helping a Guy who had Bike Accident and Loss his life after Bike accident
- Worked in 13 Paid Mental Health Careers in Helping Other People
- Worked in 3 Volunteering roles in Helping Other People
- Total of 16 Jobs in Mental Health in Helping Other People
- Heart Operation for wolf Parkinson white syndrome
- Finding my Faith in Jesus Christ & God
- Mother having Breast Cancer but Mother has Recovered
- Death of Grandfather
- Julie Pearson (Mental Health Employment Programme Coordinator/Staying Well) – helping me to stay with Mental Health Careers

- Purchasing a Honda Vision 110c Motorbike
- My Honda Vision Motorbike being stolen from Older Brother Property
- Doing a Speaking IPS Talk to IPS Grow England & Regional
- Spending time to Prayer to Jesus Christ & God at church
- Founder – Christopher Liam Rose Ministries
- The Evangelism Ministry for Christopher Liam Rose Ministries
- Rebranding Starz Gang Rockstarz (SGR)
- Christopher Liam Rose creating Spiritual Music
- Spiritual Change my life for Jesus Christ & God
- Spiritual Change to No Self
- Living my Spiritual Life Purpose & Spiritual Calling
- Becoming a Spiritual Evangelist
- Living a Spiritual Life
- Fulfilling my Dreams & Desires
- Going through losing, suffering, sacrificing for Jesus Christ & God
- Baptism for Jesus Christ & God on 17/01/2016 from Lighthouse Chapel International
- Finding Spiritual Fulfilment
- Spiritually Helping Other People
- Completing my Life Coaching Diploma – The Coaching Academy on 23/10/2023
- Shared my Life Story on Rethink Mental Illness Campaign on 25/09/2024
- Award Winning Rising Star Award (Staff) (SWLSTG) Quality Awards 2023
- Award Winning IPS Grow Quality Mark Award 2022 – 2023 (Good Fidelity) (SWLSTG)
- Spending Alone Time in Margate Holiday 16/11/2024 to 19/11/2024
- 5 YouTube Channels Remove & Cyber Hacked and Hijacked on 18/06/2024
- Twitter Frauds of £250.00 PayPal Money Transactions 21/06/2024 – 25/06/2024
- Psychology & Counselling Therapy Sessions with Sara Williams (NHS) 03/05/2024 – 28/06/2024

- Completed PSW Training Course (Accredited) (Day 1 – 8) (With-You) 26/03/2024 – 04/06/2024
- 59 Christopher Liam Rose Ministries – Evangelism on the streets of London
- 1000 of Thousands of YouTube Videos
- Christopher Liam Rose Ministries Podcast
- 1000 of Audios/Sermons
- Author to 33 Books on Amazon (Published) (eBooks)
- 2 Paperback Books on Amazon (Published) (Paperback)
- Spiritual Evangelism
- Helping Other People for over 10 years within Mental Health Career
- Musician creating Spiritual Music
- Founder of Spiritual Timeless Eternal Music

I want you to understand that if I didn't get the support from Paul Dorrington & Karen Meechan my life would not be like this today. I want you to understand from my life story is that I went through a Spiritual Change and began to understand myself and understand my life experiences.

Adversity & Suffering is part of a spiritual life journey and you don't need to be define by what you go through as a human being. The most important thing about my spiritual life journey is that I ***Spiritually Changed***.

I want the reader to understand that you are not your life experiences, adversity, suffering. The most important life lessons I can shared by sharing my life story is the quote I started with before I began to share my life story.

Quote – It is not your problems that make you who you are, it is the person you become that make you who you are

Jesus Christ & God would of not go wanted me to go through all these life lessons, failures & success without learning something from it.

The reason why I have devoted my life to helping other people since I was 24-year-old like I said in my life story was because of Paul Dorrington & Karen Meechan and develop my faith.

If you develop a Spiritual Practice to change inwardly then your outwardly life will change.

You don't need no *special gifts* or *spiritual talents* to change as a Human Being.

First you take responsible for your life, develop a spiritual practice (Prayer, Meditation, Walking, Nature) when you change inwardly you will change outwardly.

The secret to all the work I do in Helping Other People for me become very simple to find. When I was struggling with all adversity – Life Challenges – Life Problems then I develop my faith from Paul Dorrington & Karen Meechan.

My whole life has changed because I met Paul Dorrington & Karen Meechan and now, I have spiritual changed.

The most beauty thing about my spiritual life journey is that I am not different from anyone else or have a special upbringing which helped me to be who I truly am as a human being.

From 2 Spiritual Heroes (Paul Dorrington & Karen Meechan) helping me at 24 – 25-year-old my future as spiritual changed.

I am not different from anyone else and I have no special gift but the life lesson you can learn from reading my life story now is that I spiritually changed.

I don't live just a normal life or do what other people do because I couldn't write this book if I did that.

Spiritual Change become the most important thing in spiritual life journey

Spiritual Change is Spiritual Liberation and Spiritual Freedom

When you change Spiritually Inwardly you change yourself outwardly.

My life story is very difficult to learn but I hope this show you Spiritual Change

IF I CAN OVERCOME ALL OF ADVERSITY – LIFE CHALLENGES – LIFE PROBLEMS SO CAN YOU

Spiritual Change Inwardly & Therefore Outwardly

Chapter 5 – Helping Other People & Giving Back

Helping Other People & Giving Back is very important for overcoming adversity – life challenges – life problems. When you help other people, you find a new meaning and life direction which helps you to deal with your own stresses and challenges in life. Helping Other People is very rewarding & fulfilling and can help to motivate you when you're going through challenging and difficult times. Before you can start really helping other people and give back you have to make sure that you're in a right state of mind mentally & emotional to deal with other people problems, concerns, issues. This doesn't mean you need to be perfect before you can help other people it just means that you need to understand that helping other people can be very good work but you need to be ok first before you help other people.

Some people have found a true-life purpose from helping other people & giving back. This is important to realise because when you help other people in what they are going through you find healing in what you're going through.

Sometimes the best thing to do is to help other people & give back to see how adversity & suffering affect another human being. This gives your insight and self-esteem for your own adversity & suffering.

Helping other people & giving back is a vocation which can transform your life for the better and give you meaning and life purpose in life.

Sometimes when you're going through serious life problems and extreme situations & circumstances you need something to motivate you and encourage you. That why helping other people is the start to spiritual liberation and spiritual freedom.

Nothing gives you a true perspective then seeing how human being suffering & go through adversity.

I would recommend you find a way to help other people & give back within your life when you're going through adversity & suffering.

There are **4 Levels to Helping Other People**

1) Volunteering (Good Level in Helping Other People)
2) Careers/Employment (Great Level in Helping Other People)
3) Business (Highest Level in Helping Other People)
4) Faith/Spirituality (Spiritual Level in Helping Other People)

There is no right or wrong way to help other people find a way that suit you and start making contributions and impact in people lives.

Helping Other People is a great way to build up your self-confidence & self-esteem when you're going through adversity & suffering.

Helping Other People can help you to find compassion & empathy for others and yourself which help to build up your self-compassion.

I believe you learn so much about yourself & others by helping other people & give back.

Remember to help other people is the most important work you will do in your life

Look after yourself first, then help other people & give back

If you focus on contributions into helping other people you realise that your own adversity & suffering fade away because your life becomes a life of serve.

Serving & giving is the way to spiritual fulfilment and personal satisfaction

I want you to understand readers that you are able to support & help someone in what they are going through because you understand how adversity & suffering can affect human beings.

Focus your life on contributions into others and you will become spiritual fulfilment

The most important life lessons to learn is helping other people is serve to Humanity

Jesus Christ & God always help a human being who devoted their life to the serve of others

Please stay faithful and help other people in what they are going through

Helping Other People also helps Yourself

Chapter 6 – Finding Your Spirituality – Faith – Christianity

When you're going through Adversity & Suffering this can helps to make you find your faith & spirituality. Suffering & Pain can make you become humbler and more faithful towards Jesus Christ & God. Like I said in this book Jesus Christ & God want you to overcome adversity & suffering through believing in Jesus Christ & God.

No matter what your religion beliefs or no religions beliefs are you can still build a relationship with God & Jesus Christ.

You have to understand readers that your faith is the most important thing in your life because God honours people who have *spiritual faith*.

There are a few ways to find your faith & spirituality in adversity & suffering.

1) Prayer – Praying to Jesus Christ & God
2) Meditation – Communicating with Jesus Christ & God
3) Mindfulness – Being connect to Nature & living in Presence Moment
4) Journalling – Expressing yourself through Journalling
5) Walking – Being in Nature and Walking
6) Music – Listen to Spiritual Music
7) Learning – Learn about life, Jesus Christ & God
8) Reading the Bible – Reading the holy bible to understand God word
9) Going to Church, Temple, Mosque, Centre – Attend Spiritual Places
10) Worship & Praise – Thanking Jesus Christ & God through Worship
11) Talking to Spiritual Leaders – Pastor, Buddhist, Monk, Leaders, Evangelist
12) Being a part of Spiritual Community – Join a Religion or Spiritual Community

These are some of the ways you can find your faith & spirituality

Remember whatever you decided to do for yourself when it comes to finding faith & spirituality make sure it something you want to do and don't let another person tell you want you should do.

When you develop your faith & spirituality you will understand and build your relationship with Jesus Christ & God

Jesus Christ – Buddha – God are eternal so you can connect them wherever you are now through meditation, prayer, mindfulness.

Learning about Jesus Christ – Buddha – God can be a spiritual liberation and spiritual healing for what you are going through

God want to build a relationship with you so please do find your own spiritual practice and develop your faith & spirituality

Chapter 7 – Spiritual Change & Spiritual Revolution

When you go through adversity – life challenges – life problems this means that you're going through a process of Spiritual Change & Spiritual Revolution.

Adversity & Suffering is part of a spiritual change within yourself and you will grow into a spiritual person who can overcome adversity & suffering.

I have always realised that the most passionate & successful human being have gone through the worst adversity & suffering to become who they need to be.

Please readers realise that when you're going through adversity & suffering you are going to overcome it and spiritual change.

Like I said in this book Jesus Christ & God want you to experience adversity & suffering to help your spiritual growth and help you to become a spiritual person.

Spiritual Change comes when you experience serious adversity & suffering. When your spiritual change you will become renewed in your mind, body, soul and you will be connected to Jesus Christ & God.

Every passionate & spiritual person will face some adversity & suffering to become who they need to be in life.

If you want to grow a plant or flower within the soil you first have to dig the soil and put the seed into the ground and water the soil and then you need to wait weeks, months before the seed you put in the soil blossom into a flower or plants. This is the same process for Spiritual Change and Spiritual Revolution.

The Process to Spiritual Change & Spiritual Revolution

- You will experience serious adversity & suffering within your life that will affect you mentally, emotional, physical, spiritually, psychological
- You will experience the pain, feelings, emotions of adversity & suffering
- You will find ways to overcome the adversity & suffering you have experience.
- You will Spiritual Change within your spirit, mind, soul
- You will change into Spiritual Revolution & No Self.
- You will find ways to help other people & give back to people who have experience serious adversity – life challenges – life problems
- You will understand yourself and live the No Self
- You will find your faith & spirituality and build a relationship with Jesus Christ & God
- You will develop a Spiritual Practice that will guide you through any adversity & suffering

This is the process that all Spiritual people go through to experience a Spiritual Change within their life.

Spiritual Change become the most important thing you can experience when going through adversity & suffering. You need to spiritually change in order to help other people & give back. You find some much meaning, value, life purpose when you overcome adversity & suffering.

As you been reading this book it is teaching you to go through the process of Spiritual Change and overcome adversity – life challenges – life problems.

Like I said before you are not your life experience, adversity, suffering. You are a spiritual being going through a spiritual life journey.

Once you overcome adversity & suffering you will find the true spiritual revolution which means you will be helping other people & give back to people who are going through similar things that you been through.

I would recommend to the readers that you process all the life experiences your going through within a Journal and write down each day what is happening to you and when you have

overcome adversity & suffering look back at your life experiences and see how you have spiritual change from all of the pain, adversity, suffering.

Spiritual change in the key thing we need to help other people & give back.

Please also remember to be kind to yourself as you're going through adversity & suffering.

Spiritual Change leads to Spiritual Revolution of No Self & Helping Other People.

Chapter 8 - It Is Not the Problems That Make You Who You Are; It Is the Person You Become That Make You Who You Are

Throughout this book we have been talking about how to overcome adversity – life challenges – life problems. This quote is the most important thing to learn and realise about your adversity & suffering.

It Is Not the Problems That Make You Who You Are; It Is the Person You Become That Make You Who You Are

Once we understand that we are not our problems, adversity, suffering then we can discover ways of overcoming it and living a life of *spiritual liberation*.

Understanding that adversity & suffering is leads you to Spiritual Change & Spiritual Revolution.

Remember that everything in life is temporary and that we are put on this earth to become the best version of ourselves.

Remember that everything in life will pass because life is always moving forward into the future.

There is a quote that has inspire lots of people who do go through adversity & suffering

YOU WILL UNDERSTAND AT THE END

Sometimes when you're going through adversity & suffering you can not see the light from the darkness because you're going through the adversity & suffering. Please realise that there is a light at the end of the tunnel & life experiences. If you keep persistence and resilience, you will reach the end of the destination.

I want you to understand readers that it ok to go through adversity & suffering and yes sometimes life can be difficult but Jesus Christ & God has a way of helping anyone who is going through adversity & suffering to become a source of *light & inspiration*.

You may understand at the end of all the pain, adversity, suffering that God & Jesus Christ want you to become a Leader & a source of inspiration for others.

That why readers whatever you're going through and experience just remember it will pass and you will be a source of light in a world of darkness.

Your life adversity – life challenges – life problems is your testimony

You can change pain into purpose

Your life story can be a source of inspiration for next generation of Humanity

Birth - Life – Death is all part of the Spiritual Life Journey

Life is a journey, not a destination

It Is Not the Problems That Make You Who You Are; It Is the Person You Become That Make You Who You Are

Remember being what you want to be is all part of a process

I hope this book has given you the skills, technique, tools to overcome any adversity & suffering. I hope you become who your destined to be.

Remember Jesus Christ & God is always within you in faith & spirituality

Chapter 9 – Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and support me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owe his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, opportunity. Christopher Liam Rose has now worked with Paul Dorrington as Employment Specialist in SWLSTG at North Kingston Team but would slowly be move on to Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and support Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, Dyslexia. Karen is my Spiritual Hero and has helped me to recovery from

my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcome adversity and life challenges. Karen was the first person that Christopher Liam Rose open up about his past and trauma. In 30/09/2024 Christopher Liam Rose loss his home and all of his possession within a fire which burn away everything that Christopher Liam Rose own including possessions and music equipment's. Karen helped Christopher Liam Rose to deal with the fire and past trauma he experiences and show him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan professional relationship was from 2014 – 2020 when Karen Meechan support Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experience serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan I can live a normal life and I have recovery from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag heward Mills church called Lighthouse Chapel International #LCI since 2014 – present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, audios that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stay in faith, Christianity, Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mills Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I

discovered Jiddu Krishnamurti Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and break up from ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, Religion I started to become a Spiritual person and was practising meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve the Spiritually Freedom from the known without Jiddu Krishnamurti teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti he is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing within my life to learn and understand Jesus Christ & God. My faith, Spirituality, Christianity is very important to me and being with Jesus Christ & God make me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that why I can be an Evangelist and Teacher in Faith, Spirituality, Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reason why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenges but I would change any of my life experiences because it made me who I am today. The only things I would change about my life are the things I did to hurt other people like ex partners, family, childhood abuse.

My life is not perfect by any means, but I have learnt very important life lessons which I want to share in my life story. Please remember readers I am only human being, and I am not perfect but I want you to feel inspire and hope about your

future and by reading my books you will find faith, Spirituality, Christianity and become the person you want to be.

Christopher Liam Rose Books

1) Christopher Liam Rose Life Story (Part 1)
2) Be What You Want to Be
3) The 15 Successful Habits

4) Selfless

5) Anointing

6) Life Purpose

7) Helping Other People

8) Giving Without Receiving

9) Fulfilment

10) Learn

11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are

12) The Evangelism Ministry

13) Learning Is a Part of Living

14) The Self Is the Problem

15) I Don't Want

16) No Self

17) Miracles

18) Christopher Liam Rose Journal 2015 – 2016

19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017

20) Losing, Sacrificing, Suffering

21) Observation

22) Christopher Liam Rose Testimony

23) SGR BOOKS – Christopher Liam Rose Music Discography

24) Christopher Liam Rose Journal 2018 -2019

25) Christopher Liam Rose Life Story (Part 2)

26) Christopher Liam Rose Life Story (Biography)

27) Imperfection To Perfection (Repentation)

28) Christopher Liam Rose Journal 2019

29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)

30) Losing Is Inevitable

31) Christopher Liam Rose Life Story (Part 3)

32) 4 Levels of Helping Other People

33) 4 Levels of Helping Other People (Complete Version)

34) Overcoming Adversity – Life Challenges – Life Problem

Christopher Liam Rose Social Media Websites

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Facebook - https://www.facebook.com/christopherliamrose09

Twitter - https://x.com/ChrisRose091188

Instagram - https://www.instagram.com/christopherliamrose/?hl=en

LinkedIn - https://www.linkedin.com/in/christopherliamrose/

Pinterest - https://www.pinterest.co.uk/christopherliamrose/

Podcast Website - https://christopherliamroseministriespodcast.buzzsprout.com/

Follow Christopher Liam Rose Music on Social Media

Spotify - https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdIsDg

Apple Music - https://music.apple.com/us/artist/christopher-liam-rose/1561501380

Amazon Music - https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose

Soundcloud - https://soundcloud.com/christopherliamrose

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